

## THE TSUNAMI PHILOSOPHY

THREE CHOICES RECREATION CLUB SWIM TEAM WILL:

Promote the participation of swimmers of all ability levels,

Promote the highest level of sportsmanship in competition,

Promote a team atmosphere in which all TCRC swimmers contribute to the success of our team.

OUR GOALS AS COACHES ARE TO:

Promote and model good sportsmanship,

Encourage each swimmer do their best to improve their skill level in swimming

Teach the correct stroke technique in each of the four competition strokes,

Condition our swimmers to be able to compete in swim meets,

Promote each swimmer's own self-esteem in regards to competition,

Spread the fantastic feeling of being part of a great team,

Have as much fun as possible in doing all of the above.

## Team History

The Three Chopt Swim Team competes in the James River Aquatic League. The JRAC is one of the finest and most organized leagues in the state of Virginia. Our team has been a consistent Blue and Red division team throughout the last 30 years.

In the summer of 2011, the James River Aquatic League will have 20 member teams. The Blue division in our league consists of the top six teams from the previous summer and the Red division is made up of the next six teams. The White Division includes our other 8 teams.

In summer of 2010, our TCRC swim team was undefeated in the Red Division. (6 wins . 0 losses)

In the upcoming summer of 2011, Three Chopt will be a member of the Blue Division, which includes the best 6 teams in the 20 team JRAC.

## ABOUT OUR TEAM

Nickname: TSUNAMIS

### 2010 JRAC RED DIVISION CHAMPIONS

Number of Swimmers on Team: approximately 200 plus pre-team members

Member of Red Division: Summer 2010

Member of Blue Division: Summer 2011